

Talking therapies

pathways to
mental wellbeing

Wednesday,
1 November 2017
12.45 - 4.30pm
Jerwood DanceHouse,
Foundry Lane,
Ipswich IP4 1DW

Conference programme

- 12.45 - 1.00pm **Registration**
- 1.00 - 1.05pm **Welcome and overview of event** – Gary Page, Chair, NSFT and Catherine Wells, Lead Governor, NSFT
- 1.05 - 1.15pm **Common mental health problems and access to therapy** – Helen Piper-Windus, Senior Cognitive Behavioural Therapist, NSFT
- 1.15 - 1.35pm **Group and web-based therapies** – Katie Webster, Senior Psychological Wellbeing Practitioner, Charlotte Clark, Assistant Psychologist and Peter Oates, Psychological Wellbeing Practitioner, all NSFT
- 1.35 - 1.45pm **How was it for you? A service user's experience of group therapies** – Ginnie Beacham-Hulvej, Youth Participation Lead, NSFT and Chantel Keen and Meghan Teviotdale, members of NSFT Youth Council
- 1.45 - 2.10pm **Question time** – Group and web-based therapies
- 2.10 - 2.30pm **Interpersonal Psychotherapy** – Helen Piper-Windus, Senior Cognitive Behavioural Therapist, NSFT and Shaun Kemp, CBT Therapist, NSFT
- 2.30 - 2.55pm **Break and refreshments**
- 2.55 - 3.30pm **One-to-one and face-to-face therapies** – Helen Piper-Windus, Senior Cognitive Behavioural Therapist, NSFT and Shaun Kemp, CBT Therapist, NSFT
- 3.30 - 3.40pm **How was it for you? A service user's experience of therapy** – Chantel Keen, NSFT Youth Council
- 3.40 - 3.50pm **Counselling for depression** – Susan Jay MBE, Managing Director, MTCIC
- 3.50 - 4.00pm **Couples counselling** – Liz Farrow, General Manager, Relate Norfolk and Suffolk
- 4.00 - 4.25pm **Question time** – Interpersonal therapies and counselling
- 4.25 - 4.30pm **Closing comments** – Nigel Boldero, Public Governor, NSFT

An event organised by Norfolk and Suffolk NHS Foundation Trust's Council of Governors